



“The Lehi Frenzy”

The logo for the Lehi Frenzy Swim Team is a stylized, slanted emblem. It features the word "LEHI" in a small, white, sans-serif font at the top. Below it, the word "FRENZY" is written in a large, bold, white, sans-serif font. At the bottom, the words "SWIM TEAM" are written in a smaller, white, sans-serif font. The entire text is set against a dark blue background with a white outline, giving it a three-dimensional appearance.

- 50 yards of each stroke without touching the wall to stop and breath (private swimming lessons are available if unable to complete these requirements.)
- Must have a desire to swim and improve
- Must have a current USA Swimming membership (annual \$65 fee)
- **Participant must have a Legacy Center Membership**
- Parents are expected to volunteer
- Required gear, fins, goggles, buoy, bag, cap, team suit, water bottle
- Tryouts required- See website for available tryout dates.

***Tuition is due by 10th of the month.**

What	Lehi Aquatics (USA Swimming Team)
Where	School Year - Lehi Legacy Center Pool
	Summer – Lehi Outdoor Pool
Start Dates	1 st of each month
Days	SEE BACK OF FLYER
Age	5yrs and Up
Time	SEE BACK OF FLYER
Fees	SEE BACK OF FLYER

Registration office Monday-Friday from 8am-6pm

More information e-mail Team Manager Shawna Zurmely at lehiswimcoach@gmail.com Website is www.lehiaquatics.com / Facebook page: Lehi Frenzy

**BIRTH
CERTIFICATE
REQUIRED FOR
REGISTRATION**

Find me on

facebook

www.lehi-ut.gov/legacycenter

follow us on
twitter

Training Groups, Practice Schedules and fees

ALL Groups:

Tryouts:	See website www.lehiaquatics.com for details
Fees:	\$65 yearly fee for USA Swimming membership NON-REFUNDABLE Legacy Center Membership – prices vary according to plan \$25 semi-annual team fee
Equipment:	Fins, 2 pairs of goggles, swim cap, pull buoy (Jr. Silver, Jr. Gold and Seniors), paddles (Jr. Gold & Seniors), competitive practice suit, water bottle and gear bag Team suit and cap are REQUIRED ; team deck jacket is optional Parents will be expected to volunteer as needed

Starfish: (School Year) Tuesday and Thursday 4:00-4:45pm (Lehi Legacy Aquatics Center)

(Summer) Tuesday and Thursday 8:00-9:00am (Lehi Legacy Aquatics Center)

Requirements: Ages 6 and Under
Attend all practices

Starfish Fees: \$30 per month – No USA Swimming membership required

Dolphins: (School Year) Monday, Wednesday 6:15-7:15am, Friday 4:00-4:45pm (Lehi Legacy Aquatics Center)

(Summer) Monday, Wednesday, Friday 8:00-9:00am (Lehi Legacy Aquatics Center)

Requirements: Ages 8 and Under
Attend all practices
Attend 1 swim meet per month

Dolphin Fees: \$33 per month

Sharks: (School Year) Monday, Tuesday, Wednesday, Thursday 6:00-7:00pm (Lehi Legacy Aquatics Center)

(Summer) Monday-Friday 7:00-8:00am (Lehi Outdoor Pool)

Requirements: Ages 10 and Under
Attend all practices
Attend 1 swim meet per month

Shark Fees: \$35 per month

Junior Silver: (School Year) Monday-Friday 4:30-6:00pm, dry land workouts 4:00-4:30pm (Lehi Legacy Aquatics Center)

(Summer) Monday-Friday 8:00-9:00am, dry land workouts Monday-Friday 9:00-10:00am (Lehi Outdoor Pool)

Requirements: Ages 11-12
Attend at least 4 practices per week plus dry land workouts
Attend 1 swim meet per month

Junior Silver Fees: \$40 per month

Junior Gold: (School Year) Monday-Friday 4:00-6:00pm dry land workouts M, W, Th 6:00-7:00pm (Lehi Legacy Aquatics Center)

(Summer) Monday-Friday 7:00-9:00am, dry land workouts Monday-Friday 9:00-10:00am (Lehi Outdoor Pool)

Requirements: Ages 13-14
Attend all practices plus dry land workouts
Attend all swim meets the team attends

Junior Gold Fees: \$45 per month

Seniors: (School Year – September-February) Tuesday and Thursday 5:00am-7:00am (Lehi Legacy Aquatics Center)

(School Year – March-May) Tuesday and Thursday 5:00-7:00am, Monday-Friday 3:00pm-5:00pm

(Summer) Monday-Friday 6:00-8:00am, dry land workouts Monday-Friday 8:00-9:00am (Lehi Outdoor Pool)

Requirements: Ages 15 and Up
Attend all practices plus dry land workouts
Attend at least 3 swim meets while not in high school season

Seniors Fees: \$35 per month September-February
\$60 per month March-August